Uh huh huh huh....
MTV's Beavis and Butthead: Are they degrading to women or harmless? **page 8**

healthful hints

How much fat does your Big Mac pack?
Turn to feature each month for this and other healthful hints.
page 10

VOLUME 64 · ISSUE 1

SEPTEMBER 24, 1993

SHAKERITE

SHAKER HEIGHTS HIGH SCHOOL · 15911 ALDERSYDE DRIVE · SHAKER HEIGHTS, OHIO 44120

NEWS BRIEFS

Finch, Silliman replace Sylak as Interact adviser

Interact will be headed this year by Cindy Finch, special education teacher and Mary Silliman, learning disabilitiesteacher.

They are replacing math teacher Gene Sylak who was adviser to Interact last year.

Interact is a club at Shaker dedicated to community services.

"Interact is a great club. We do a lot to help people less fortunate than ourselves. We are dedicated to helping improve the lives of others." said sophomore Clo Ewing, Interact treasurer.

Sophomore Hallie Albert, Interact secretary hopes the club will attract more dedicated members.

"This year we hope to keep the originally enrolled members more dedicated and get more of the old acivities started again such as the visits to the Metzenbaum Center and Health Hill,"Albert said.

–Leigh Stevens

Slovikovski new JCWA adviser, replaces Hogue

Math teacher Walter Slovikovski will act as faculty supervisor to the Junior Council on World Affairs (JCWA) this year.

Slovikovski succeeds math teacher Dennis Hogue who approached him about the position last year.

Co-adviser Melda Graves, school secreatary, will continue her involvement with the club.

Slovikovski said that his main goal is to continue the success of the club and to get new members interested in world issues.

This January, JCWA is planning to attend major conferences at Harvard University, Kent State University, A.N. Meyer and the Hague in the Netherlands.

Slovikovski said that he is looking forward to a great year heading the JCWA team.

Senior Kevin Stear is also looking forward to this year's activities.

"It is stimulating to argue issues that are really important to our world," Stear said.

–Leigh Stevens

Quotes return to Gristmill

BY STARLA WALLICK

Co-News Editor

Principal A. Jack Rumbaugh reversed his decision to eliminate senior quotes from *this year's yearbook.*

"I decided [not having senior quotes] was not that important of an issue," said Rumbaugh.

The original decision of not having quotes was made last year because of the content of some quotes.

"It is wrong for us to print anything that is obscene or demeaning racially and sexually," said Rumbaugh.

According to academic adviser Mary Lynne McGovern, teachers and adminstrators are not the only people who disliked the content of some quotes. Students also told her that they found them in poor taste, she said.

"Students who I did not think would say anything about the quotes voiced a dislike for their content," said McGovern.

Richard Vlah, senior assistant principal said that a group of staff members and some students will review the quotes before they are printed in the yearbook. The members of this group have not yet been chosen, he said.

According to Vlah, the quotes will not be censored but judged if the content is derogatory toward individuals or groups of individuals. If the content of the quote does not meet with this standard, the student will be approached to submit anoth*er quote* , he said.

"The job of a school is to set standards," said McGovern.

Several seniors started a petition, prior to Rumbaugh's decision, to return senior quotes to the yearbook.

Rumbaugh said that he did not make his descion because of the petition and that he had never seen the petition .

Laura Barnett, student and Gristmill adviser said that she believes seniors have the right to have quotes.

"I think the students have the right to do senior quotes if done responsibly and thoughtfully. Some quotes are done on the spur of the moment, and the student is trying to be funny," said Barnett.

CAN YOU BELIEVE THEY SAID THAT! Juniors Stephanie Holloway and Chatashia Daniels read senior quotes in the Gristmill.
Shakerite Photo by Courtney Masini

ON THE LOOKOUT. Security guard, Cheryel Jennings calls for back up.
Shakerite photo by Courtney Masini

Academics, behavior reasons keep underclassmen in school until 3 p.m.

BY JENNIE REIFF

Staff Repoter

In an attempt to improve behavior and academics within the school, the administration instituted several changes involving underclassmen, according to principal A. Jack Rumbaugh..

All freshman, sophomores and juniors must be assigned to a 10th period class or study hall. In previous years, a student could choose not to have a 10th period class and leave school early.,

According to Richard Vlah, senior assistant principal, this new rule is to prevent students leaving school early instead of waiting to talk with teachers after-school.

Vlah said that the new policy will increase the number of students meeting with teachers since the students will already be in the building.

According to Rumbaugh , though the main reason for having students in classes during tenth period is to improve academics, it also serves as a way to help keep the halls clear. To also keep the halls clear, science and English teachers patrol halls during lunch and their free periods.

Science teacher, Paul Repasy said that having teachers patrol is a good idea. He said he has not had any problems with students. Repasy said that if students need to leave the cafeteria they can get a pass fom an assistant principal or someone else in the lunchroom.

Rumbaugh said that these changes help create a better school environment.

Shaker alumna new BBYO president

Meka Millstone, 1993 shaker alumna was elected as the B'nai Brith Youth Organization (BBYO) president in August at the International BBYO Convention in Starlight, Pennyslvania.

As president, Millstone is to help promote BBYO worldwide in places such as England, France, Israel, Australia, Canada and South America.

Millstone was BBYO international secretary and regional president last year.

–Tom Taylor

McIntyre subs as middle school assistant principal

BY DORRIAN THORNTON
Co-News Editor

Math teacher Ovella MacIntyre is substituing for Renee Paige as seventh grade assistant principal at the middle school while Paige is away on a leave of absence.

According to MacIntyre, her duties include assisting the principal, Dr. Brent Wendling, with general school operations such as supervision of evening activities and work with the staff in improving disciplinary techniques.

MacIntyre prepared for her new position last year by helping High School Principal A. Jack Rumbaugh with senior project, commencement, the PROBE program for proficiency testing and planning the opening of the new school year.

According to Rumbaugh, MacIntyre is the best person for the position.

"Who better to go to the Middle School and help out than Ovella MacIntyre? I know that she will do a really good job for the middle school, the kids and Shaker," said Rumbaugh

MacIntyre said that although she enjoys being around more students and the opportunity to interact with more administrators, she is an educator first.

"Kids respond if you're fair and consistant. I like the kids and I'd like to think that they like me," MacIntyre said. "I look forward to working in a capacity to the advantage of the student."

MacIntyre said she tries to keep an "open door policy" at all times, and kids feel that they can come and talk to her.

"I'm like a mother to most of them. I know their siblings. They know I mean business," said MacIntyre

According to MacIntyre, she would like to take an administrative position at the high school in the future.

In MacIntyre's absence, math teacher Sondra Martin is teaching her classes.

WHOOT! THERE IT IS! High school football players show their school spirit at the Sept. 3 pep rally. The rally was held in the stadium.

Shakerite photo by Vanya Green

Pep rally features fall sport teams

BY DORRIAN THORNTON
Co-News Editor

In honor of fall sports teams, the high school kicked off the year with the first of several pep rallies on Sept. 3.

The rally featured performances by the Red Raider Marching Band and Raiderettes and the cheerleaders.

Foreign language teacher Ruth Berger introduced foreign exchange students and welcomed them to the high school. Students represented Germany, Yugoslavia, Russia, Italy, China and France.

During the pep rally, all fall sports athletes stood on the football field.

After some students began throwing paper and other trash, teachers removed them from the field.

The next pep rally will be Friday, Oct. 1., according to Principal A. Jack Rumbaugh.

New water fountains installed, improve high school image

BY ALEX HAMMERSTONE
Staff Reporter

Three new water fountains were installed in the two main hallways this summer.

Unlike their ceramic predacessors, the new metal fountains offer cold water dispensability and are accessible to the physically challenged.

Principal A. Jack Rumbaugh said that due to the school's age, it requires constant improvements and upgrades.

Some of the high school's hallways were also repainted.

FOUNTAIN OF YOUTH. High school student takes a drink at one of the three new water fountains installed over the summer.
Shakerite photo by Oscar Janicki

Shaker Heights Teachers' Association

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Concerned? Upset? Angry?

If so, write a letter to the editor. All letters must be signed, 250 words or less and brought to *The Shakerite*, room 229.

(Un)conventional Wisdom: What's up and down

Freshmen: Five hundred freshmen means more to pick on, but they clog the halls. Plus, they don't fit in those skinny lockers...well, most of them anyway.

School in August: A definite minus. Sweat just doesn't go well with Shakespeare. Then again, what does?

Administration, students make effort against violence

THE RITE IDEA

Along with the reopening of school this fall came a change in the philosophy of the administration. New this year are more security guards brought in an attempt to lessen the disruptiveness occuring each day in the halls of school. The question remains, however, if we have such a need for safety in our school, why are we focusing only on protection from the problems, and not channeling some of this positive energy into prevention?

The administration is taking the violence and disrespectful issues at the high school very seriously. The increase in security and new policies, like the nine to three school day, are examples of the administration's efforts. The security gates throughout our school halls are locked soon after school is over each day. The locker rooms are locked during the day except during period changes. There is also an attendant in each locker room to prevent any misconduct and a security guard at the entrance to the parking lot to prevent illegal parking. We commend the administration for making the effort to protect our rights and property.

New this year is a student-run organization called SAV, an acronym for Students Against Violence. This group has been organized by volunteers from Shaker's student body who are concerned about the violent acts throughout the country. The feelings of these students is a step in the right direction to combat the negative actions of citizens both at Shaker and around the country.

Our need for protection itself shows that a problem does exist. While it is important to maintain a safe learning environment at the school, it is just as crucial to take steps to alleviate the elements which have made it unsafe in the first place. There is something really wrong with our society when students must organize to prevent disruptive acts caused by their peers from occuring. Guns are as easy to come by as a lemonade on a hot day. More effort could be put into help for those who are in situations which lead them to turn to violence and illegal activities.

Any shortcomings aside, however, students and the administration should receive an 'E' for effort in trying to make our school a better place for learning.

CHEERS & JEERS

Cheers to the return of senior quotes...without Little Miss Muffet.

Jeers to after-school pep rallies.

Cheers to peace in the Middle East. Praise Allah. Shalom. Finally.

Jeers to skinny lockers.

Cheers to the foreign exchange students.

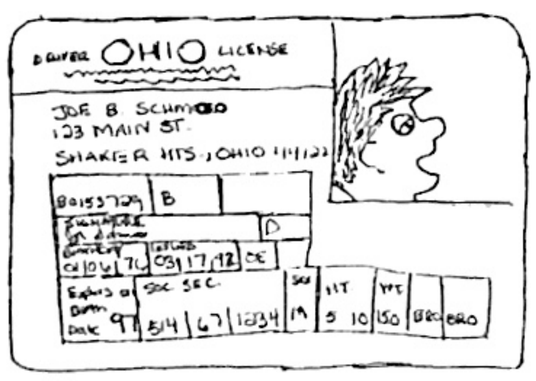
Cheers to the Browns...3-0!

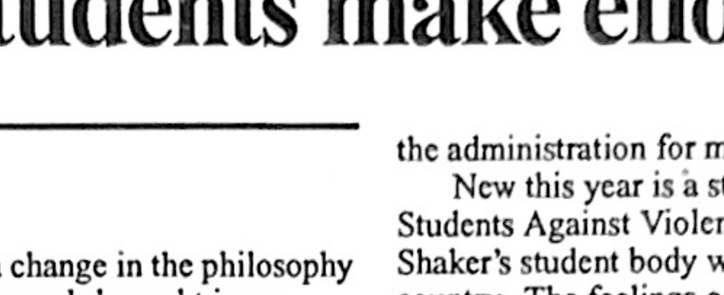
Jeers to Elvis sightings...he's dead, Jim.

Cheers to the new water fountains

Jeers to school in August.

Jeers to looking like your driver's license photo.





Cheers to Stress Management and Sports Appreciation.

Jeers to 10th period study halls.

Cheers to Vinny Testeverde.

Jeers to students who park their cars around the oval and leave three-fourths of a car length between their car and the next one.

Jeers to the freshmen, Chevy Chase's talk show, homeroom, and other pointless things.

Seniors unite against salmon, Miss Muffet

BY AMY LIPTON
Research & Exchange Manager

Who ever knew that Little Miss Muffet and salmon could be so offensive?

When I got my yearbook last spring I quickly flipped to the last section to read the senior quotes. A few stuck out in my head as offensive and inappropriate. It surprised me that they were printed.

Recently I discovered I was not the only one offended by what last year's seniors wrote. So many people were upset that the privilege of senior quotes was taken away from this year's senior class. After a lot of complaining, however, the quotes have finally been given back.

One day a few weeks ago I was in the social room and someone handed me a petition. The petition, signed by nearly every senior, asked that senior quotes be restored. The senior class could not allow a privilege to be taken away, simply because other people were careless.

Because it united, the senior class got its point across. Because students spoke up in a responsible, democratic fashion, the administration listened. Congratulations seniors: the school has given us what we want.

Of course, there is a catch. This year, senior quotes must be approved before they can be printed. That makes sense to me. I was shocked to see some of the quotes that were printed last year. Of course I thought the quotes were edited before they were put in the yearbook. Apparently they were not.

But now that we have the right to print them, seniors, let's be a little more tactful with our senior quotes. Besides, when you are older and are showing your children your yearbook, do you really want them reading about Little Miss Muffet?

The Shakerite is a public forum published nine times yearly for and by the students of Shaker Heights High School.

Letters to the editor must be signed and may not exceed 250 words. Letters, subscription and advertising inquiries should be delivered to the Shakerite office in Room 229, or mailed to: The Shakerite, 15911 Aldersyde Drive, Shaker Heights, Ohio 44120. The Shakerite reserves the right to reject or edit any letter to the editor or advertisement.

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Students lack respect for school property, facilities

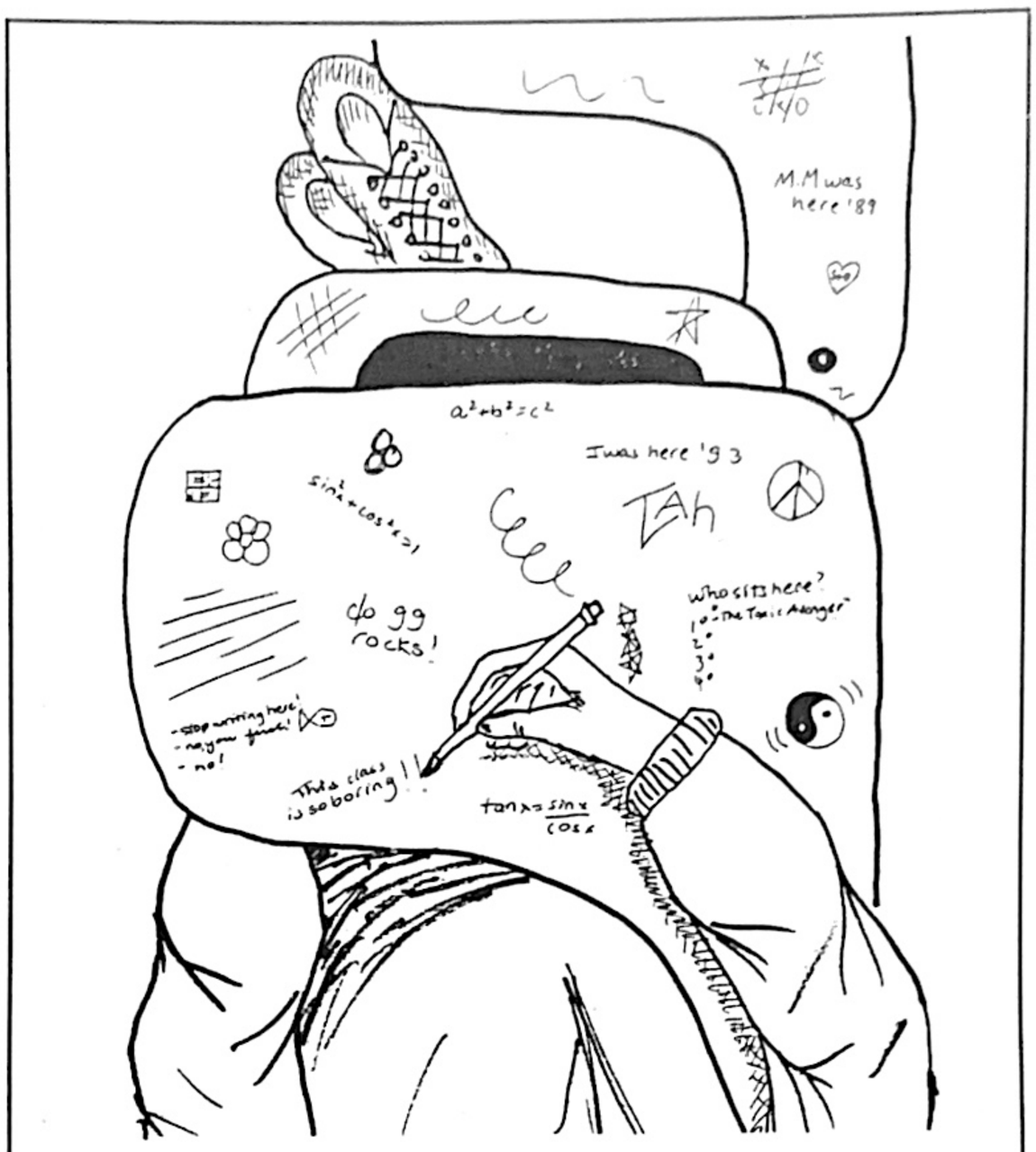
BY COURTNEY MASINI
Managing Editor

You are marching up the crowded stairs when someone shoves you. You reach out for the railing to prevent yourself from falling, but as you grab the railing, you encounter a glob of gooey, sticky gum.

Gum is only one of the problems at school that all of us have complained about at one time or another. Although complaining comes naturally, we have to step back once in awhile and look at what we complain about. We may even find that we students are the cause of the problem.

One disgusting habit students have is sticking their gum everywhere except their mouths. When people cross their legs during class, their knee often ends up sticking to the bottom of the desk because someone has stuck his or her gum there.

Students also complain about the cleanliness of school. For some reason, we expect it to be clean and shining all the time. However, students are usually the ones who are dirtying up the school in the first place. Some amount of dirt is expected. After all, almost 1600 people walk through the halls each day. However, many students treat the floor as a garbage can. Every day people discard their food wrappers and papers through the halls of this school. Is that any way to treat this building? The custodial staff is not here to be our personal maids. Although not all the time spent here is enjoyable, the least we can do is keep our school neat and clean so it is a more pleasant place to be.



Shakerite artwork by Esther Rosenfeld

Another place that we students could keep cleaner is the locker rooms. Many of us have encountered insects while changing for gym, but we are the ones who attract the insects in the first place. We eat in the locker room, and istick wrappers empty lockers and in various other nooks and crannies. The bugs love us for this. We leave them a feast, and they don't have to work for it. Instead, we could throw our garbage in the trash, and when it gets emptied, the bugs will no longer find pleasure in invading our locker room.

A problem that is often brought up by teachers is writing on desks. Although desktops are convenient places to doodle, it is very abusive behavior. Many of the desks in this school are documents of history written by Shaker students through the years. Sometimes desks are so covered with pen and pencil, that if someone else puts his or her arm down on it, they get a complimentary tattoo. Common sense says to just use paper. It is a much cleaner and more logical place to draw, doodle and write.

These examples are only a few of the things that we as students can try and improve so that we no longer feel the urge to complain about them. If we would just think before committing one of these acts, the school might just be a better place. Let's try it and find out, we just may rid ourselves of the problem of sticking to railings.

Warfare present in halls

LETTERS TO THE EDITOR

To the editor:

I have just one small complaint to start off this new school year. As I walk through the halls of Shaker, I have but one concern: survival. This is not (or should not be) the normal feeling whe nstrolling through an academic institution.

Whatever pathway in our school I choose to walk through, there is always that possibility of being decapitated by an opening door or castrated by a girl's swinging shoulder bag. These dangers are in addition to those of being thrown down the stairs or stopped y an impenetrable line of imposing students.

Unlike Andy Ellner, who wrote a similar article last year, I am not Goliath; instead I am David. As a result, if someone pummels me as I walk through the halls, the most I can say is "thank you." Slingshots do not work here.

The question then becomes whether or not it is possible to change the hallway situation. Does the fact that our school can be used as a training zone for the New York City SWAT team mean that we should change it? Yes. Yes. Yes.

Should we install traffic lights in our school and give out traffic tickets? Perhaps this is a bit extreme. Maybe... However, a little courtesy and even—dare I say—an apology when one hits someone else (especially when the victim is smaller than you) will help to make a safer, less nerve-inducing walk to one's next class.

David Sher, senior

Parking causes problems

To the editor:

Parking on the oval is a daily challenge. In order to get a parking space you have to get to the school by 7:40. This problem is mainly caused by the large number of drivers and some poor parking jobs. The issue has provoked numerous complaints—but let me offer a specific proposal. In order to reduce the number of drivers, the school should sell parking passes—the price to be determined—limiting the total number sold to the amount of cars that could be reasonably parked around the oval.

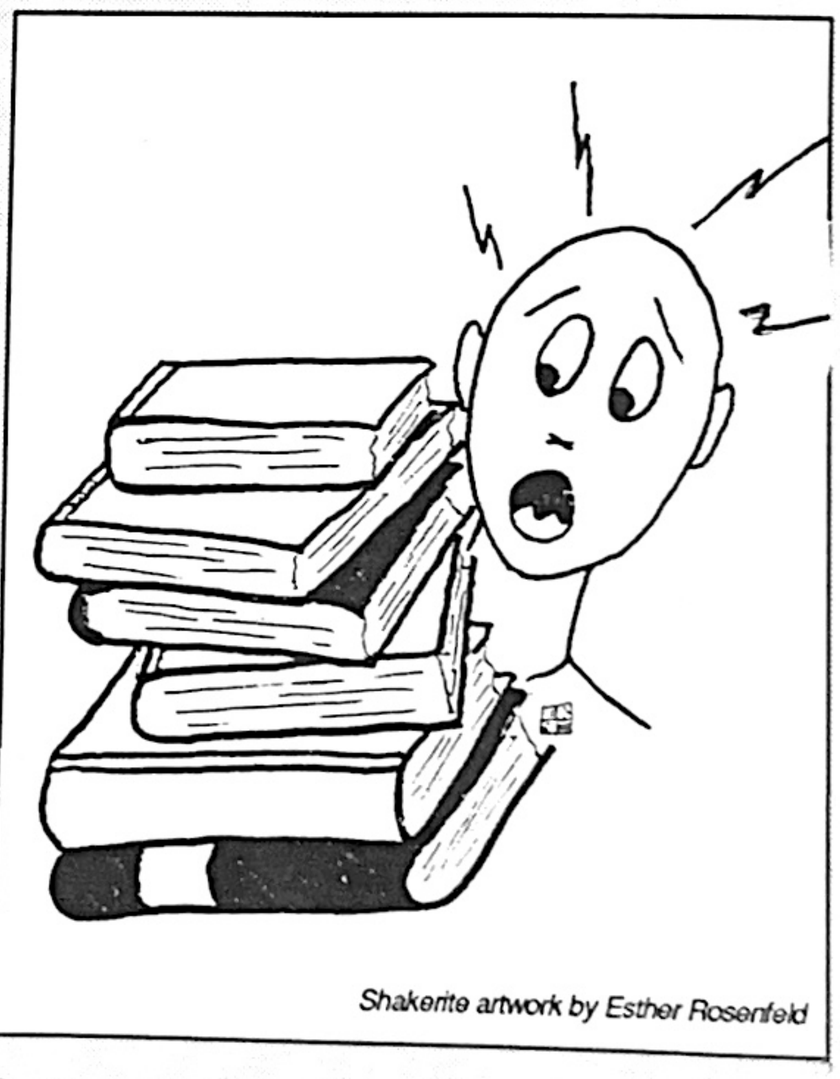
One suggestion would be to sell parking passes in the social room to seniors on a first come, first served basis. If after this there were still available passes, then they could be sold in the cafeteris to underclassmen.

David Appel, senior

Summer reading overpowers *summer*

BY EMILY TROIA
Feature Editor

About 93,192 words, everything from "a" to "pow wow"- this is the amount of words defined in the Webster's Unabridged Dictionary in the span of 1,412 pages. 1,412 pages- this was the amount of reading assigned to juniors in AP English and AP U.S. History over the summer. For slow readers, this was about 5.5 hours of reading a week. Next year, we'll be reading from the amount of words btween "a" and "torture".


Shakerite artwork by Esther Rosenfeld

Students need a break from their school work to become refreshed and relaxed, so that upon returning to school, they are not burnt out. Though it is not necessary to completely cut out summer homework to allow students to recuperate from a rigorous year, it is necessary to not give excessive amounts of homework. Even AP students, especially AP students, need a break.

In the summer, many of us lose our precious time to indulge in reading of personal selections to required reading books; this is not fair, because reading for pleasure during the school year is a luxury most of us can not afford.

There are those who only read what is required of them through school; we don't have the time to lose a year's worth of learning to the summer when preparing for the AP Calculus exam; there is too vast a period of time to cover in so short a time. These are the arguments English, math and history teachers give, and they are real issues not to be ignored.

However, it is important to give us a time to de-fry our brain cells, de-stress our circuits, and have a worry free break from school.

By teachers assigning work, summer may be looked at as long and as plenty of time for a few necessary assignments, but having assignments over summer taints the healing it is supposed to provide. Even AP students, especially AP students, need a break.

Instead of demanding no summer work, I propose a two part compromise. First, the English department should assign only one book per grade and then create a list of books off which students are required to read one. This system is the one used in the past at the middle school. It will allow a greater freedom for the students to read books they choose and increase enjoyment. This will keep the students reading and increase the number who actually read the books.

The next part is a meeting of all the department heads to discuss the summer assignments. If teachers are all assigning work to one group of students, they should try to moderate the work load.

Giving too much work over the summer will backfire with students becoming burnt out and over stressed earlier in the year. Moderation is needed to keep students running academically and physically all year.

Save the date, but don't bring one

WHAT: P.T.O. sponsored mixer
WHERE: High School
WHEN: Saturday, Oct. 2
COST: $5
TIME: 8:30-11:30 p.m.
DRESS: Casual

Pot: Not just for smoking anymore

PERSPECTIVE

BY JOSHUA GOODMAN
Co-Arts & Entertainment Editor

It may be the new style, but its anything but new. The marijuana culture is back in full form, adorning everything from hats, shirts, jewelry and even belt buckles.

However, this latest return of the "soul flower" is not limited to fashion. Popular rap and rock groups are singing the praises of marijuana in their songs and quickly becoming public advocates for its legalization. One such advocate is the rap trio Cypress Hill.

The Los Angeles based group first appeared on the music scene in 1991 with such songs as "Stoned is the Way of the Walk". This summer, their new album, "Black Sunday," made it all the way to number one on the Billboard chart. "Black Sunday" goes even further than their first album. Its songs include, "I Wanna Get High," "Legalize It," and "Hits from the Bong" which contains a recording of the group smoking the drug and praising its effects while high.

The "Black Sunday" album also has within its booklet, a list of 19 reasons why pot should be legalized. Rather than focus solely on its use as an inhalant, the list boasts the drug's environmental and therapeutic benefits as well.

But Cypress Hill is neither the first or most popular group to make millions from promoting pot. Rap artist Dr. Dre's debut album, "The Chronic" (a slang term for marijuana), contains a gigantic, green marijuana leaf on the compact disc itself. Dr. Dre can also claim to be the one who made marijuana leaf decorated baseball hats the latest fad among teens. Dr. Dre and his fellow rappers popularized the hats in their video "Nuthin' But a 'G' Thang." MTV refused to show the video with the marijuana leaf emblems on the hats resulting in the video's modification in order to receive air play.

Other artists making money off this latest trend include Redman, Beastie Boys, House of Pain, Ice Cube and the Pharcyde. The Pharcyde is a particularly unique group. They popularize the drug by singing about it in songs such as "Pack the Pipe" which contain a distinct 70s disco beat. Some critics believe that the Pharcyde's popularity seems to indicate that marijuana's increased acceptance in pop culture marks only the beginning of a full fledged return to the Woodstock generation of the 70s.

Shakerite artwork by Wee Seing Ng

Often overlooked in the drug's increasing popularity among musicians, is the reception it has received among traditionally white audiences as well. Mainstream rock and roll artists such as Sinead O'Connor, the Black Crowes and the over-aged hippy band, the Grateful Dead, have all been active advocates of reform in our nation's drug laws. O'Connor declared last year that "selling marijuana is one of the most respectable things anyone could do." The Black Crowes, who also lobby for reform in drug laws, display pot leaves on stage when performing in concert.

In contrast to the large amount of attention marijuana has received by the music artists, statistics show that use of the drug is actually decreasing. Today, 13 percent fewer young Americans are smoking marijuana than in 1986 according to a University of Michigan study from last year. So why has the whole music and fashion industry gone into "reefer" madness? Explanations vary, but many people believe that after a decade of a harsh and expensive government crackdown on pot, marijuana users are coming out of the closet and speaking candidly and proudly about their use.

The resurgence of pot is also being popularized by a growing "get back to the earth" movement whose members are the environmentally conscious, citizens of the world type who can be found hanging out at Coventry on a Friday night. They are characteristic of many adolescents who wear Phillies Blunt shirts and other marijuana accessories, but have never tried smoking marijuana. Like most high school students, these kids say they are just trying to be "cool".

From those in ragged dresses and converse hightops to hard core rappers with gold chains, people are showing up everywhere advertising marijuana. And whether they are doing it to look "cool" or to rebel, one thing is clear: The leaf is back. And as children see their rock and rap idols promoting the drug, corporate executives and clothing manufacturers are seeing dollar signs.

Brand new network, same old Dave

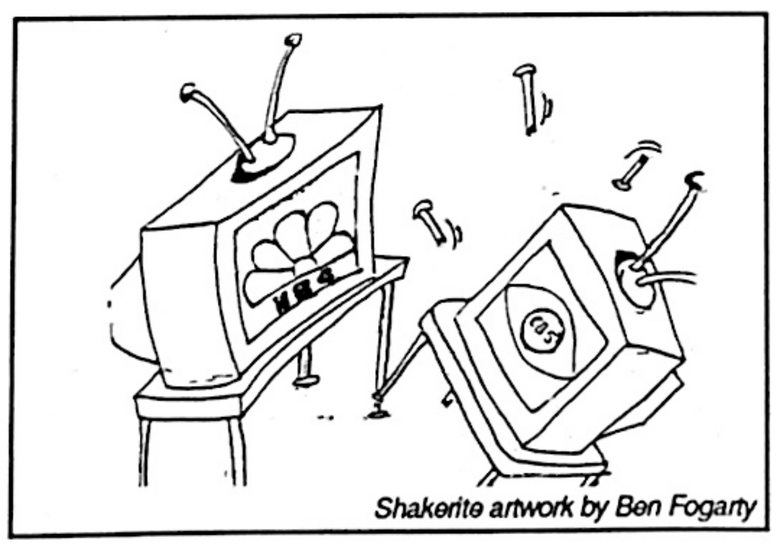
BY CLIFFORD MENDELSOHN
Staff Reporter

Was I the only one expecting something more extravagant and different when "The Late Show with David Letterman" premiered Aug. 30 on CBS? Well, just as CBS advertised, it was the same old Dave. Having to adjust to only minor changes in the show's format, Letterman fans are still laughing just as much now as they were when they tuned into NBC.

Letterman's hour long comedy talk show can now be found weekday nights at midnight on CBS. The major difference from his previous show on NBC is that everything is bigger. For starters, there are two more band members joining Paul Shaffer and the newly created CBS orchestra. Now, the show takes place in the newly renovated Ed Sullivan Theater on Broadway. The larger theater's prime location and greater seating capacity makes Letterman shine even more. No longer is he confined to the small studio which he used while working at NBC.

Regular attractions of the show have also been glamorized. Dave has added a futuristic introduction to the regularly featured "Top Ten" list, which he so elegantly points out causes radiation damage from looking at too closely. Luckily, the "Top Ten" list is just as hilarious with Dave making fun of Bill Clinton, Madonna, General Electric (his former employer) and all the other regulars. Dave still jokes around with his dorky sidekick Paul, picks on members of the audience and entertains fans with such oddities as "Stupid Pet Tricks."

In addition to all of the show's format changes, Dave will now enjoy a much heftier salary, a reported $14 million per year. The show will be in a late night market already saturated with talented people competing for an estimated $675 million in advertising revenue in the 93/94 television season alone.


Shakerite artwork by Ben Fogarty

Although CBS intends for the show to air directly against NBC's the "Tonight Show with Jay Leno", many CBS affiliates will delay the show by half an hour or more to accommodate syndicated shows. On Cleveland's WJW-TV8, as well as on 30 percent of all other CBS affiliates, Letterman cannot be seen before midnight.

Although CBS changed Dave's show only slightly, Dave has almost overnight made CBS a serious competitor in the late night market. However, experts predict that Leno will maintain the top spot, despite viewer curiosity and CBS's extensive summer promotional campaign. In Cleveland, Dave replaces the syndicated "Arsenio Hall Show." In addition to the "Arsenio Hall Show" and "Tonight Show with Jay Leno," Dave's return to the late night arena will be accompanied by the debut of the "Chevy Chase Show" on FOX (at 11 p.m.) and the virtual unknown, former Letterman screenwriter, Conan O'Brien. O'Brien will be taking over Dave's spot at NBC and can be seen in Cleveland at 12:30 a.m.

If you do not like Dave, then you will have the same opinion of him after watching his "new" show. However, many Hollywood celebrities such as Cher, who originally hated Dave and called him a "jackass" on television, have changed their opinion over the years. In fact, Cher was one of Dave's surprise guests during his last week at NBC. If you do like him, then you can expect your laughter to continue, because after all, it is the same old Dave.

Students focus on film as art

BY SEEMA SHAH
Staff Reporter

What comes to your mind when you think of art – Painting? Sculpture? Sketches?

"I don't usually think of art as just paintings on a canvas. I think more along the lines of music, dance and sculpting," said sophomore Alex Hamilton.

Also included in the category of art is film and coming to appreciate it as an art is the basic goal of the class "Film as art"according to film teacher, Jon Bender.

"Film is an art and should be considered on the same plane as good writing, photography, painting or any other art. I look at this class as part of the arts program of this school," said Bender.

The class, which bridges English and theater, is one in which the history of film, film technique, major directors, acting and criticism of films are studied.

"We look at the reasons behind why there is a close up or why there is color or black and white. I try to make the students understand that someone created this film as a painting," said Bender.

Bender's words are echoed by senior Brian Leiken, who took "Film as Art" last year.

"When I go to movies today, I no longer go just to be entertained," said Leiken. "I watch the film and try to figure out what the director is trying to say about how we live. Studying films requires discipline and the ability to recognize a variety of cineamtic techniques."

When the time comes to choose films to show in class, Bender said that he tries to choose films that go along with what the class happens to be studying.

Bender said that he always shows "Citizen Kane" first because "Orson Welles directed it and he was a pioneer of film. The film technique is good. If you watch 'Citizen Kane,' you'll see how quality film is made."

Along with studying the art behind films, Bender said that he teaches students how to evaluate films critically.

"I want students to walk away with the appreciation of film as an art but also to be able to write a good critical piece," said Bender.

Four theories of film studied in the class are realism, expressionism, avant garde and documentary.

"I try to encourage students to watch films that they normally would not watch," said Bender. "They get a better awareness of all the aspects of film."

As far as the importance of the class, Bender's students believe that it is significant because it gives them a unique perspective on films.

"I think it is a really good class," said junior Allyson Schmidt. "We are learning a lot about the thinking behind movies and [the class is] creating an educated movie viewing audience."

"We are getting a better understanding of what's going into films and how they are produced," said senior Cindi Schonfeld.

Bender said that when his students are done with the class, he hopes they will know how to look at a film and make a quality evaluation.

"If you want to be challenged in thinking and quality writing; if you love film and want a chance to be creative, then this is a class for you," Bender said.

CENTERPIECE
September 24,1993
SHAKERITE · PAGES 6-7

Rebecca says: *Modeling is degrading!*

BY REBECCA ENTEL
Co-Centerpiece Editor

It's your usual afternoon.

Sprawled across the couch, you flip through the channels. Randomly stopping at a commercial, you ask yourself: What is this commercial for? The use of sex appeal does not phase you; you've seen it in countless commercials. You recognize the face of the scantily-clad supermodel but can not decipher what it is she was hired to sell you. To tell the truth, you don't really care.

The displays of women in the media have become consistently damaging to society's view of females. In fact, these types of portrayals have become mundane, leaving Americans to believe that models are normal, perfect women: what everyone should look like. After all, *Webster's New Collegiate Dictionary* defines a model as "an example for imitation; a pattern of something to be made." It seems, then, that to look like a supermodel is what all women should be striving for as their ultimate goal.

An idea that seems to be lost in the shuffle of make-up and dieting is that the media presents its viewers with an unrealistic ideal: Look perfect and you shall have a perfect life. Not only are these women's looks an unrealistic goal for most women, but the message is also unrealistic: You are not acceptable unless you are beautiful.

No matter how many women make new advances for the feminist movement, the judgment of their appearances still seems to block the process. Women must already work to overcome being judged by how they look and when the example of what they must look like is an unattainable goal, the woman's job becomes impossible. Accomplishments and talent are disregarded in exchange for an object-like existence. Women are being told that looking perfect is perfection, all other qualifications do not count.

This message is particularly harsh in the present day. In a time when the roles of women in society are drastically changing, females are left without role models. When a teenage girl looks around for who is the "Woman of the 90's", all she sees are women who are praised and famous for what they look like. Without realizing it, many girls are then influenced by the media to achieve perfection. The end result is an epidemic of inferiority complexes among teenage girls which carries into their adulthood. In some cases, the feelings contribute to or create eating disorders.

What the recipients of this "Be-a-supermodel" campaign are forgetting is another part of what *Webster's* defines a model to be: "a mannequin." Mannequins are not people. Mannequins are designed to exact proportions and styles, unlike people. Women should not be the world's mannequins. The media must be stopped from stealing society's attention out from under those who truly deserve it: the hard-working, the compassionate, the intelligent, the successful, the righteous, the determined, the worthy.

COUNTERPOINT OPINION

Jonathan says: *What's wrong with it?*

BY JONATHAN HARRIS
Co-Centerpiece Editor

Models. Some people think that they are sex objects, that they are degrading to women and create an unrealistic ideal that they cannot live up to.

Wrong.

Modeling is a profession. People get up, get dressed, and go to the studio for the day. Modeling is how they make money to live.

Modeling is used to sell a product. Advertisers see green when they choose which models will make people want to buy their product. When they choose, they will go for the gorgeous, handsome, fun-looking man or woman. Who wants to open a magazine and see an ad with two fat, ugly people trying to sell the product? No one. And anyone that says they would not take that into consideration is lying. People selling a product do not go to create an ad thinking, "OK, I'm going to get the most gorgeous girl in the world to make all the women in America think that if they don't look like her, they are losers." Women are getting too caught up with the thought that the "media" is forcing them to be like these supermodels that do what? HELP SELL CLOTHES!

> ***Society is taking a harmless thing like modeling and transforming it into one of the deadly sins... (Modeling) is all about money, and nothing else."***

Society is taking a harmless thing like modeling and transforming it into one of the deadly sins. Example: a beer commercial, with all the people in them in their twenties, beautiful, and having fun. People opposed to this would say that the beer company is telling its viewers that if you're not like this, you can't have fun. What the people in the commercial are doing is acting, playing, and helping the company sell its product. It's all about money, and nothing else.

Women that feel insulted that models are too beautiful and too perfect should think about it again. Models are not used to transform every woman into the perfect being. They are not creating an ideal that women have to live up to. They are selling products. Anyone that thinks that they are used to judge all the other women in the world should look in the mirror and ask themselves, "am I really this insecure that I have to blame models for my problems?" Put modeling into perspective. It is a means of selling a product and a profession to many people. Nothing more, nothing less.

Strike a Pose

Shakerite artwork by Wee Seing Ng

CHEESE! Shaker males try their hand at modeling

BY JENNY JOHNSON
Opinion Editor

Don't hate her because she's beautiful.

But go ahead and envy *him* all you want.

Believe it or not, male models are making a quick rise to the top, and coming back down with a lot of money in their pockets.

"Kids are always looking for a quick way to get money. Some turn to drugs; I turned to modeling," said senior Donald Hill.

"It's amazing how when you see the ugly, others see the beauty," said senior Kirk Nims, who has been modeling for such companies as Dillard's since graduating from modeling school in 1990.

Nims is satisfied with his career in modeling, but warns that the work is not only the glit and glory portrayed by the media.

"Getting a booking [paid modeling job] can be very difficult, and [companies] are not always willing to pay what you want," said Nims. "I would not consider modeling as a first job until you are sure that it is what you really want to do."

Hill agrees that getting jobs can be hard.

"Agencies have favorites, which makes it hard for new models. Just like any other job, though, the longer you are there, the more opportunities there are. The biggest thing is getting yourself known," Hill said.

Modeling can be stressful and the qualifications are quite exact, according to Chronicle Guidance, a career guidance publication. Competition is also very great, but for those who do make it, wages can range as high as $500 a week.

Many people think that once they are accepted by a modeling agency they will be a successful model, but that is not always the case, Nims said. It can take weeks or even months to arrange a booking, and even then the pay is not always satisfactory for a new model, he said.

Besides the tough road to actually getting a modeling job, Hill said that modeling is also difficult due to its long hours. Often, a photographer will take thousands of pictures for just one shot, and the models must remain still and attentive for up to six hours at a time. Still, Hill finds modeling rewarding.

"Modeling is a relaxing job, and it's fun to work with gorgeous people," Hill said.

Although the market for male models in Cleveland is not very large, Nims still encourages males to become models and said today has especially brought a greater demand for black models, "because of their thick features."

"Most modeling companies are still looking for fair-skinned (black) models, but I feel that I have not been discriminated against," said Nims, who comes from a biracial background. "I was treated just like other models. I would definitely encourage black males to become models."

For those interested in beginning a modeling career, Chronicle Guidance suggests contacting a modeling agency or school in good standing, or talking to a working model about where he received his training.

Hill does not necessarily advocate modeling schools, but feels that in some cases it is better to contact only a modeling agency.

"Modeling schools, although good for self esteem, are not a god way necessarily become a successful model. They will take $2000 to $5000, regardless of looks. People come out of modeling schools expecting to be a model, but that's not always how it is," said Hill.

Nims advises males to experiment with modeling before making any decisions.

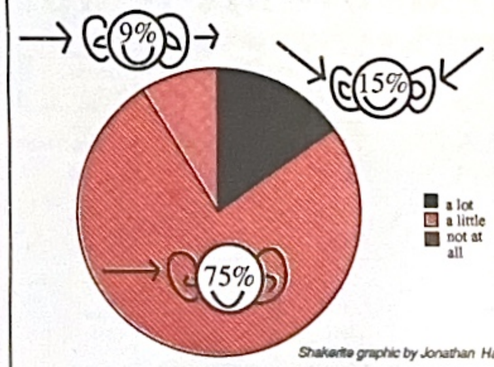
"All male models are not different," said Nims. "Experiment. Go for it. Try it and see how it is. Before you can judge, go and see for yourself."

Physical requirements to be a model:

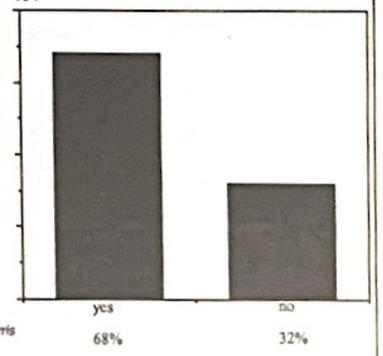
Males:	Females:
height: between 5'11" and 6'2"	height: 5'9"
body frame: medium build, youthful, athletic	body frame: 34-24-34
legs: long, straight	legs: long, straight
skin: no scars or blemishes	skin: no scars or blemishes
size: 40R or 40L, waist 32	dress size: 5/6 or 7/8
eyes: any color	eyes: any color
teeth: straight, white	teeth: straight, white
hair: thick, natural-looking	hair: thick, flowing

Source: Joe Valenti, Tax modeling agency

How much of an effect does the media have on you?



Are models used to create an unrealistic ideal for women to live up to?



Shakerite graphic by Jonathan Harris

Do you think modeling is degrading to women?
YES 12% NO 88%

Shakerite Survey of 250 students

Beavis and Butthead degrade women

BY VANYA GREEN
Co-Arts & Entertainment Editor

I was planning to sleep or read on my way back from California this summer, but the plane ride was bumpy and I was starting to feel a little anxious and sick. I closed my eyes.

As I was drifting off, the man sitting next to me nudged my arm.

"A typhoon struck a plane I was on not long ago," he said. "It was the scariest experience in my life. I thought I was going to die." I tried to smile politely, but probably looked puzzled and tired. This time I decided to pick up a magazine to look occupied. He tapped the magazine.

" Oh, by the way, my name is Joe. In case you were wondering, I choreograph modeling shows. How about you?" Right away I knew that this was going to be an "interesting" flight.

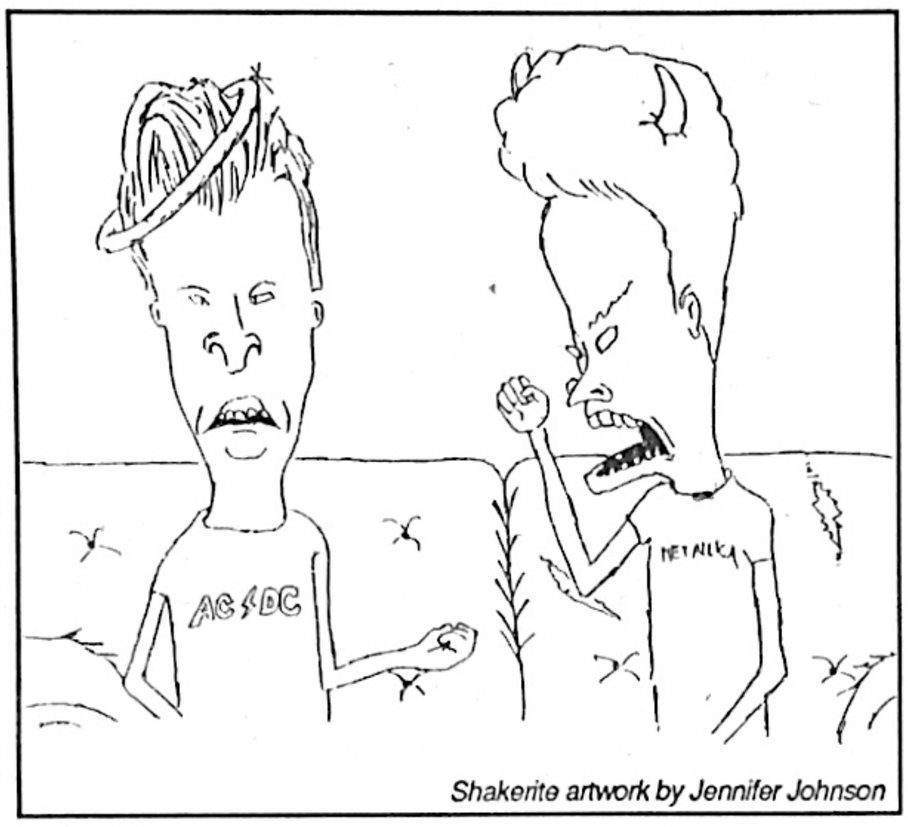
I saw that he had been reading the latest issue of Rolling Stones magazine featuring an article about MTV's half-hour cartoon show "Beavis and Butthead." The first time that I watched the show I had no idea what it was about. After viewing it, however, I felt degraded. The second and last time I watched it was for the sake of this article. Butthead certainly is an appropriate title for the scrawny character by the same name. He treats women as subhuman creatures under the guise of simply trying to act "cool."

Joe decided to read me excerpts from the Beavis and Butthead's dialogue. As if the language was not annoying enough, he insisted on imitating their laugh. *He was content to laugh for hours — and I was stuck next to him. If Beavis and Butthead only took up MTV air time acting stupid and laughing ad nauseam, then they would just be irritating.* However, by spouting sexist remarks,they are not just dumb, they are offensive.

I doubt if the word "women" can even be found in Beavis and Butthead's vocabulary. Women to Beavis and his esteemed colleague Butthead are referred to only as chicks, babes or any other degrading term that pops into the minds of their scriptwriters.

Viewers may believe that the producers are just a spontaneous bunch of people joking around. In reality, however, they are a group of executives sitting around a table in suits, ties or dresses. In addition, they are not being offensive by mistake. They deliberately use terms that are demeaning because they know this translates into big bucks for the writers and MTV.

MTV claims to be a progressive channel and has even aired segments on the degrading way in which women are portrayed in some music videos. However, the "Beavis and Butthead" show makes me wonder how genuine MTV's motives are.



Shakerite artwork by Jennifer Johnson

They are not concerned about the message that the "Beavis and Butthead" show sends. Their only concern is making money, even at the expense of degrading women. They produce "Beavis and Butthead" because they know it will boost their ratings.

The show targets students of our age because we laugh at Beavis and Butthead's jokes and can perhaps identify with their outrageous stunts. It may seem like fun to put on bikinis and wrestle in the mud or have an ongoing commentary on music videos. After a while, however, watching two pubescent boys interrupt videos becomes tedious. If that is not bad enough, being trapped next to a man on an airplane imitating Beavis and Butthead certainly was.

I told Joe that if sexism was not as socially acceptable, and that if people like him did not condone it as being simply a joke, then MTV might get the message. Sexism may have been acceptable on the Archie Bunker Show of the 70s, but it has no place on television today.

Like the man on the plane, many students here do not mind the show's sexism and actually find the show entertaining. They respond to objections to "Beavis and Butthead" in several ways.

Θ"It's just a funny show. What's the big deal?" Well, primitive shows such as this set a standard that it is fine to treat women as objects. Many people watching "Beavis and Butthead" end up believing that Beavis and Butthead's actions are acceptable. This then converts, whether consciously or unconsciously, into the everyday sexist thinking of many people.

Θ"I'm a woman and I don't mind it." According to Beavis and Butthead, you are only an "airhead babe". If you still do not mind being degraded, others do.

After arguing and discussing these same points with Joe, he still maintained that he wasn't sexist and that the show was entertaining.

"It's just an escape and has no effect on my perception of girls," he said.

"Women," I corrected. He looked annoyed. "So anyway, why are you coming to Cleveland?" I asked.

"I've gotta get some work done so that the girls are ready for the show."

"Do you call the men who are in your shows boys?" I inquired.

"No, but it's different," he responded. "Besides, the girls don't mind."

"Have you ever asked them?"

He did not answer.

After a while, he resumed talking about his job working with models. I tried to correct him when he did not call them women, but no matter how many times I told him, they were still girls to him.

PTO sponsors mixers to increase school unity

BY RYAN GOHMAN
Staff Reporter

Three new non-formal dances sponsored by the Parent Teacher Organization (PTO) have been introduced to students this year.

The dances are intended for students to meet one another rather than just dance and drink punch. Members of the PTO are discouraging students from bringing dates to these events.

"The goal of the mixers," said Carol Bell, co-chairperson of the PTO socials committee, "is to give Shaker students a more casual atmosphere to get to know each other."

The mixers mark a clear attempt by the PTO to increase school unity and create a common bond among students.

The PTO hopes that these mixers will receive greater acceptance among students than past non-formal dances have. One difference between these mixers and previous dances is that the PTO has tried to find a disc jockey that will play songs of broad appeal.

"We spent a long time researching to try to find the best DJ," said Bell, "and the name Neil Jacobs kept coming up, so we are going to go with him. We even rescheduled the first mixer so that he could do the music."

Some students are skeptical about being able to find the perfect disc jockey.

"I hope they [the PTO] are able to find someone," said sophomore Josh Penzner, "but it is going to be very hard to please everyone."

Another difference will be that only Shaker students will be admitted to the mixers. In order to enter, they will have to show their Shaker identification card. Students without an ID card will have to show their school schedule before being admitted.

The dates for the mixers are Oct. 2 (co-sponsored by the senior class), Jan. 8 (co-sponsored by the sophomore class), and Mar. 12 (co-sponsored by the junior class). The price of admission to each mixer will be $5.

Foreign food restaurants tempt tastebuds

BY JENNIE REIFF
Staff Reporter

Just as the long hours of sun are fading in these fall months, so is the excitement of summer. There just does not seem like there is anything to do.

Well, if you are sick of the old autumn standbys, - playing football, raking leaves, and apple picking - how about going for something to eat.

A McDonald's Big Mac may still taste like the best food in the world to you, but once you tried some of these foreign food restaurants, you'll question your sophisticated culinary tastes.

Indian

CAFE TANDOR
2096 S. Taylor Road
371-8500
Monday-Saturday: 5:30-10:30 p.m.
Sunday: 3-9 p.m.
Average price of entree: $13

TAJ MAHAL
1763 Coventry Road
321-0511
Sunday-Thursday: 5-9:30 p.m.
Friday and Saturday: 5-11:30 p.m.
Average price of entree: $11.50

BOMBAY BISTRO
13968 Cedar Road
932-6040
Sunday-Thursday: 5:30-8:30 p.m.
Friday and Saturday: 5:30-10:30 p.m.
Average price of entree: $8

Chinese

HUNAN AT COVENTRY
1800 Coventry Road
371-1145
Tuesday-Thursday: 11:30 a.m.-9:45 p.m.
Friday and Saturday: 11:30am-10:45 p.m.
Average price of entree: $8

PEARL OF THE ORIENT
20121 Van Aken Blvd.
751-8181
Sunday-Thursday: 5-9:45 p.m.
Friday and Saturday: 5-10:45 p.m.
Average price of entree: $9

Shakerite artwork by Jennifer Johnson

Japanese

SHUJIRO
2206 Lee Road
321-0210
Monday-Thursday: 5:30-9:30 p.m.
Friday-Sunday: 5:30-10:30 p.m.
Average price of entree- $15

SAMURAI
23611 Chagrin Blvd.
464-7575
Sunday-Thursday: 5:30-10 p.m.
Friday and Saturday: 5:30-11 p.m.
Average price of entree: $19

Mexican

CHI-CHI'S
6605 Mayfield Road
449-1401
Sunday-Thursday: 11 a.m.-11 p.m.
Friday and Saturday: 11 a.m.-midnight
Average price of entree: $7

LOPEZ Y GONZALES
2066 Lee Road
371-7611
Monday-Thursday: 5:30-10 p.m.
Friday and Saturday: 5:30-11:30 p.m.
Average price of entree: $12

Italian

OLIVE GARDEN
3725 Orange Place
765-1919
Sunday-Thursday: 11 a.m.-10 p.m.
Friday and Saturday: 11 a.m.-11 p.m.
Average price of entree: $10

MAMA SANTA
12305 Mayfield Road
231-9567
Sunday-Thursday: 10:00 a.m.-midnight
Friday and Saturday: 10:00 a.m.-1:00 a.m.
Average price of entree: $6

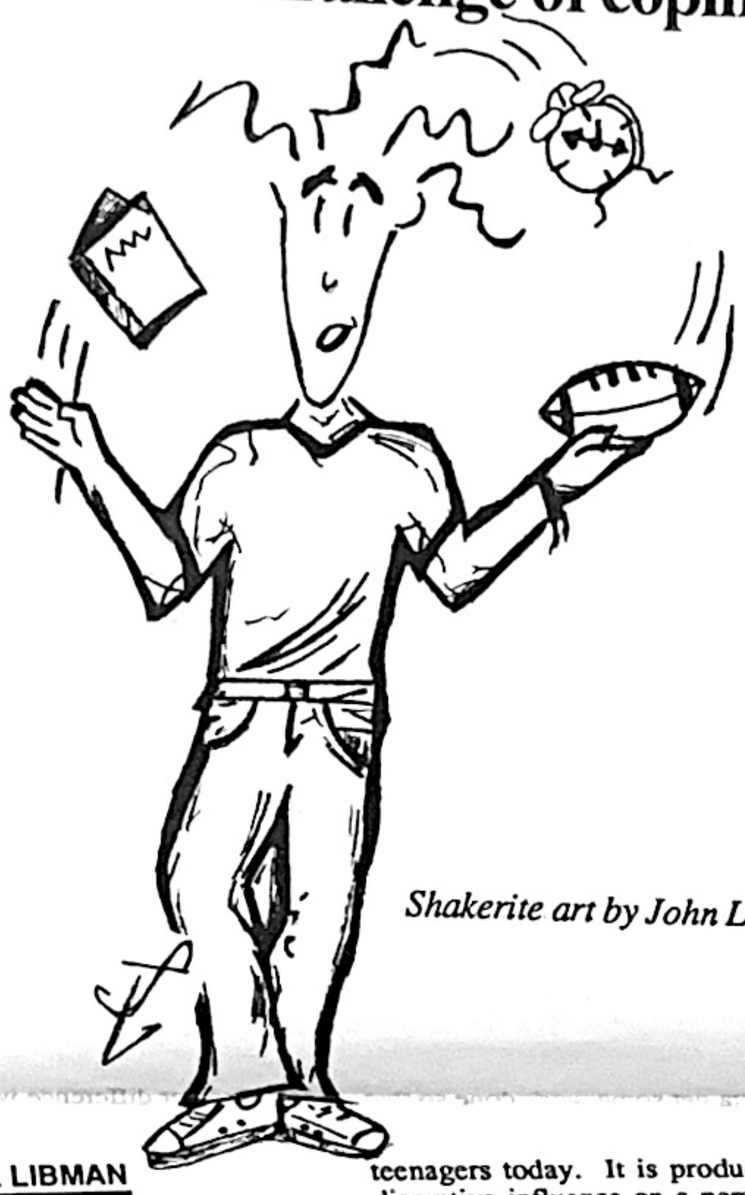
SFUZZI
230 Huron Road
861-4141
Sunday-Wednesday: 5-10 p.m.
Thursday-Saturday: 5 p.m.-midnight
Average price of entree: $13.50

Cuyahoga Community College is offering a year-long series of seminars to increase understanding and support for students with learning disabilities. These seminars are open to students from seventh grade up, their parents and other interested adults. For more information and registration, call 987-2233.

Cuyahoga Community College

Stressing out

Everyday, students experience stress and face the challenge of coping



Shakerite art by John Lombardo

BY DEBBIE LIBMAN
Staff Reporter

You're tired, drained and frustrated. You're a human magnet in the hall and have the bruises to prove it. What, another test on Tuesday!

Stress strikes again!

Stress is known as "the rate of wear and tear in the body," according to Keyword Publications' *Coping with Stress.*

Stress is a common problem among teenagers today. It is produced by "any disruptive influence on a person, physical or psychological," said *Coping with Stress.*

Physical stress causes include an injury, virus, major temperature change, exhaustion, and other irritants. Excessive noise, crowded areas and even traffic can be considered stressors, as well said *Coping with Stress* .

Students often feel stress due to high level classes, jobs, and other various extracurricular activities, said school psychologist Bonnie Jasiunas.

It's not all academically related. Stress also can be experienced because of family problems, relationships and sports, according to Jasiunas.

Involvement in the speech and debate team, cross country, track and orchestra make Junior Adina Wright feel stress she said . Although she does so much physically, the stress she said she experiences is usually psychological.

"I feel tired even if I'm not," Wright said. "I get less sleep at night, and I'm tired during the school day."

Just knowing she has several tests for which to study makes her feel more tired she said.

"During the summer I had no problem getting five to six hours of sleep," Wright added. "But during the school year, it's just not enough."

Your head hurts, and your muscles are tense. You can't seem to fall asleep at night. Stress strikes again!

There are several stress related symptoms, some of which are physical and others are emotional. Headaches, stomach pains, eating disorders, apathy, lack of concentration and muscle tension are common symptoms, according to Jasiunas.

The vital signs of stress must be recognized and may prove to require medical attention, said *Sales and Marketing Management* magazine. Fatigue, chest pains, insomnia, alcoholism and anxiety are signs that should be taken seriously according to *Sales and Marketing Management.*

If stress goes on for a long period of time, "it can lead to depression, illness, and even death," Hipp said.

"Chronic stress is serious business," Hipp said. .

Jasiunas believes that students need to "take into consideration what they can do and what they can handle."

You begin to organize your schedule. You take up a sport and relax as often as possible. You sleep at night instead of in history class. The stress slowly fades!

Choosing to play soccer, work-out or get some sleep when she feels "stressed-out" is junior Shana McCormack.

Simply relaxing and not "letting everything get to you" is senior Jason Lowe's advice.

Watching a funny movie and laughing will stimulate the "feel-good" chemicals in the body, according to *TEEN* magazine. Meditating is "more refreshing than sleeping," according to *TEEN.*

Wright took a yoga class to relieve the stress in her life.

"It helped me concentrate on breathing instead of letting my mind wander," Wright said.

In addition to yoga, there are several other relaxation techniques. Excercising or a warm bath are good stress-busters according to *TEEN* magazine.

"Ensemble really helps me relax," said sophomore Virginia Pierce. "I've learned a lot of techniques."

Besides relaxation, elimination of stressors is necessary.

"It's a matter of juggling (the schedule)," said Jasiunas.

Pierce, who participates in band, theater, SGORR, JCWA and several other clubs, understands that she will eventually have to give up something.

"I know in the future I'll have to make choices," said Pierce, "but I really enjoy being busy. I don't like being bored."

Wright agreed with Pierce on the subject of making choices.

"I have to make myself realize that I can't do everything," she said.

Organizing and accepting one's limits are important to cutting back on stress according to Hipp.

"Planning and prioritizing will put you in charge of your life and create a feeling of accomplishment all by itself," said Hipp. "Each step you take will bring you closer to your vision of who you want to be."

Stress is necessary to have but is also necessary to manage according to *Coping with Stress.*

"Everyone is under some sort of stress every day," according to *Coping with Stress.* "We need a certain amount of it to motivate us... but too much stress in a short time can be harmful."

Stress can not simply be thrown out the window, so one must learn how to live with it under control according to Hipp.

"Stress is unavoidable," said Hipp. "To survive, we must come up with ways to lessen the pressure from too much stress long before it reaches the bursting point."

Everything your best friend does no longer irritates you. You stay open minded about issues that face you. You are in control of your own actions. Stress no longer strikes!

Aaron Pierce's talents range beyond the field of mathematics

BY REBECCA DAVIS
Editor-in-Chief

IN PROFILE

He isn't exactly what you'd call laid back.

Between JCWA, soccer, student council, Senior Ensemble, school plays, tennis, Academic Decathalon, the chess team and a full course load that includes math classes at Case Western Reserve University, senior Aaron Pierce keeps himself occupied.

"It's the old cliché: You only live life once, so I like to get involved to the greatest extent possible," Pierce says modestly. "I guess I'm probably afraid I'll miss out on something."

Pierce first started down the road to hyperactivity in the first grade when he was excellerated into a third grade math class. Ever since then, he has studied math with students older than himself. As a freshman he completed the high school's AP level BC calculus exam, and in 10th grade he studied AP physics with seniors. By 10th grade he enrolled in abstract algebra at John Carroll University. For the past two years he has taken math courses at CWRU.

"Maybe for the first day or so, [the older students] treat me a little differently because I'm younger, but they end up treating me like any other student," Pierce said.

While most people can remember struggling with multiplication tables or long division problems, Pierce has trouble recalling a time in his life when he was not solving math problems.

"My dad's a high school math teacher, so there's a fair amount of math that happens in the household; it's something I've been exposed to even before school. Once I got a hold of it in the school system, I just took off with it, and it's something I've seemed to enjoy," Pierce explained.

BRANCHING OUT. Enjoying many activities, senior Aaron Pierce is more than a math prodigy.
Shakerite photo by W. Mike Flemming

Pierce said his father used to help him with his homework, but is no longer able to; his son is handling a level of mathematics he has not worked with in years. Despite Pierce's natural inclination toward math and science classes, he says history and psychology classes challenge him intellectually.

"History classes have been the most challenging for me," he says. "It's not so much the memorization I find difficult as some of the analyzing that you might think would be easy with a math mind."

Undertaking so many projects, classes and activities at once has its setbacks, said Pierce. This year he is not participating in soccer or tennis, instead focusing on Senior Ensemble and his other activities.

"I regret that I didn't really specialize in one activity I liked more, so that I could just become really good at something," he says.

Part of Pierce's desire to learn translates into his love of teaching others. Because of this, his role model is a scientist and a teacher, Dr. Richard Feynman.

"He taught physics, and he's a Nobel Prize winner; he's well known for not only making all these discoveries but talking about them in a way people could understand," Pierce explained. "I admire him for his desire to teach people. He was the one who figured out what went wrong with the Challenger after it exploded, and he was able to tell people about it so they knew what had happened."

Whether he ends up a rocket scientist, math teacher or actor, chances are Pierce will be one of the last people to limit himself to one interest.

"I think with the way that society's structured, I'll have to end up specializing to some degree, but I never think I'll give up the things that I enjoy," he says.

THE LOOK
COMMENTARY

New school year brings new fashions

BY DONALD HILL
Staff Reporter

It's back to school for a new year and new looks. As the temperature goes down, style goes up.

Last year's styles have been left behind as new trends pull into the lead. This year's fashion race has a record number of competitive looks on the track, leaving us to choose what suits our personalities best.

Common threads running through all the new styles are layering, comfort and creativity. You can dress in one style, mix and match them or create your own.

"No matter how varied the styles...clothes are big, baggy, loose, layered, fluid, flowing—which adds up to soft and easy," says Roxanne Washington, a fashion writer for the Plain Dealer.

Here's a quick peek at this years trends:

Retro Disco: Yes, the 70s are coming back to haunt us. All the styles that you've laughed at in your parents' old pictures are showing up in classrooms and everywhere else. Bright, psychedelic patterns are blaring from shirts and body suits. Girls and guys are wearing bell-bottoms. Celebrities all over the Hollywood scene can be caught in 70s gear. What better way to top off the outfit than with a pair of clogs or platform shoes?

"I think the return of the 70s look is a good step for fashion. People were carefree and wild back then when it came to dressing," said senior Angela Stackhouse. "Lots of kids at our school have seemed to pick up this style. Girls are wearing their hair in the old styles. Some guys are even wearing their hair in Afros now."

Grunge: It has been spotted on performers such as EMF, Digable Planets, Pearl Jam and is all over the Seattle scene. The grunge look screams anti-fashion, yet it creates a style of its own. Layers of striped T-shirts, unbuttoned, plaid, flannel shirts; long-john tops and ripped jeans are all thrown together for this unique look.

Hip-Hop: Created by rap culture and its fans originally, this street look has become universal. Mary J. Blidge, Kriss Kross, Marky Mark, Naughty By Nature, T.L.C., and most recently Bugs Bunny and the Tasmanian Devil, have been seen with their baseball caps "2 da back" and pants drooping below their waists. The key to this trend is over sizing.

"This look isn't for everybody; height, body structure and weight have a lot to do with it," senior Lindsay Marsh said.

Poetic: This softer look has females in delicate, romantic threads. Everyone from Sharon Stone to Janet Jackson can be caught wearing this style. This look includes loose blouses, floral patterns and subtle accessories. A choker, dangling charm or cameo often adds the last feminine touch.

Classic Preppy: For those of us who have trouble keeping up with the lightning fast change of trends, the fashion world created a more conservative look that has been around since the 50s and will never go out of style. This is the look seen when opening the catalog of J-Crew or walking through the GAP. Such items as striped oxfords; polo, plaid or corduroy shirts; and cable knit crew or V-neck sweaters are all necessities in a preppy closet.

There are plenty of looks for everyone here. The two key terms for this fall's fashion whirlwind are "comfort" and "originality". Wear something you can be free to move around and get wild in.

"I like to be versatile. I'll come to school grungy and then come in a GQ suit," junior David Rush said.

In this year's multi-trend playground there is plenty of room for your own look. Peace out and stay in style.

Cliff's Notes used, abused by students

BY AMY LIPTON
Research and Exchange Manager

"These notes are not a substitute for the text itself or for the classroom discussion of the text, and students who attempt to use them in this way are denying themselves the very education that they are presumably giving their most vital years to achieve."

This quote, found in every *Cliff'sNotes* is clear; these study guides are supplements, not substitutes. Yet, many students choose to ignore the message.

Although he has occasional dificulty, senior Mark Ackerman said that he does well in English by only reading *Cliff's Notes*.

"On tests, when I only use the *Cliff's Notes*, I can usually pull off a good grade, but I never achieve my full potential. When there are quotes on the test, there is a big disadvantage. However, when I am motivated to read, I use them as a supplement, because they help to organize ideas," Ackerman said.

English teacher Rosemary Merchant said there are certain times when study aids are a benefit.

"*Cliff's Notes* are an appropriate review aid before a final exam, but they should not be used as a substitute for reading the book," Merchant said.

English teacher Ellen Kelly said that she allows her students to use *Cliff's Notes* outside of class to review but is opposed to substituting text.

Merchant said that students who do not read the literature do not get as much out of the books.

"Students need to be exposed to the original piece of literature to understand a writer's style and his intent as a writer. *Cliff's Notes* are written by English majors who can't get other jobs. The thoughts of the writer of the *Cliff's Notes* are not necessarily the same as the writer of the literature," Merchant said.

In Fact:

84% of students said they have used *Cliff's Notes*.

46% of students who use *Cliff's Notes* said they use them atleast 3 times a year.

Out of the 56% of students who said they have used *Cliff's Notes* instead of reading a book, 66% said they have scored a C or better.

Source: Shakerite survey of 200 people

healthful hints

How much fat could a Big Mac pack if a Big Mac could pack fat? Find out just how much fat you pack every time you snack with the chart below. And turn to this section each month for more advice on healthy living.

Fact For Thought:
59% of students said they have a snack every day.
72% said they feel more energetic after a snack.
52% said they try

Shakerite survey of 200 people

Fat Packer

food brand	serving	fat	calories
potato chips:			
Eagle, Lays and Ruffles	1 oz.	10 g	150
chocolate chip cookies:			
Famous Amos	1 oz.	8 g	147
Chips Deluxe	1 cookie	4 g	80
Chips Ahoy	1 cookie	2 g	50
chocolate chip snack bars:			
Kudos	1 bar	10 g	180
Quaker	1 bar	5 g	150
Dipps	1 bar	6 g	150
Nutri-grain (not choc. chip)	1 bar	5 g	150
microwave popcorn:			
Orville Reddenbacher's Butter	3 cups	8 g	110
ice cream:			
Baskin ans Robin's chocolate	4 oz.	13g	264
Baskin and Robin's vanilla	4 oz.	19g	290
fast food:			
McDonald's french fries	small	12 g	270
McDonald's Big Mac	1	26 g	500

Healthy Snacker

food brand	serving	fat	calories
pretzels:			
Eagle and Rold Gold	1 oz.	2 g	110
Planter's	1 oz.	1 g	110
Snyder's hard pretzels	1 oz.	0 g	110
animal cookies:			
Sunshine	14 cookies	3 g	120
snack bars:			
Fi-bar Original Fruit	1 bar	2-3 g	100
air popped popcorn			
OrvilleReddenbacher'soriginal	3 cups	< 1 g	40
ice milk:			
Borden strawberry or vanilla	1/2 cup	2 g	90
frozen yogurt:			
Baskin and Robin's Lowfat	1/2 cup	1 g	120
yogurt:			
Dannon blended blueberry	6 oz.	0 g	150
noodles:			
Mueller's egg noodles	1 cup	2 g	200
dry cereal:			
most cereals		0-3 g	

Shakerite source The Complete and Up-to-Date Fat Book by Karen J. Bellerson

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Dine in or take out

High school athletes sweat through the summer

BY BEN SCHEIN
Staff Reporter

School started on Aug. 24, right? But if you are a fall athlete, you may have been in school since Aug. 10.

"Most people don't realize that the state of Ohio prescribes our season. By following the state's plan, we become more competitive and have less injuries," said Principal A. Jack Rumbaugh.

Senior football player John Watts said that although summer practice can have its conflicts, it will pay big dividends during the season.

"It is hard to control if kids come to summer practices; parents and kids go on vacation together," mens cross country coach Charles Richard agreed.

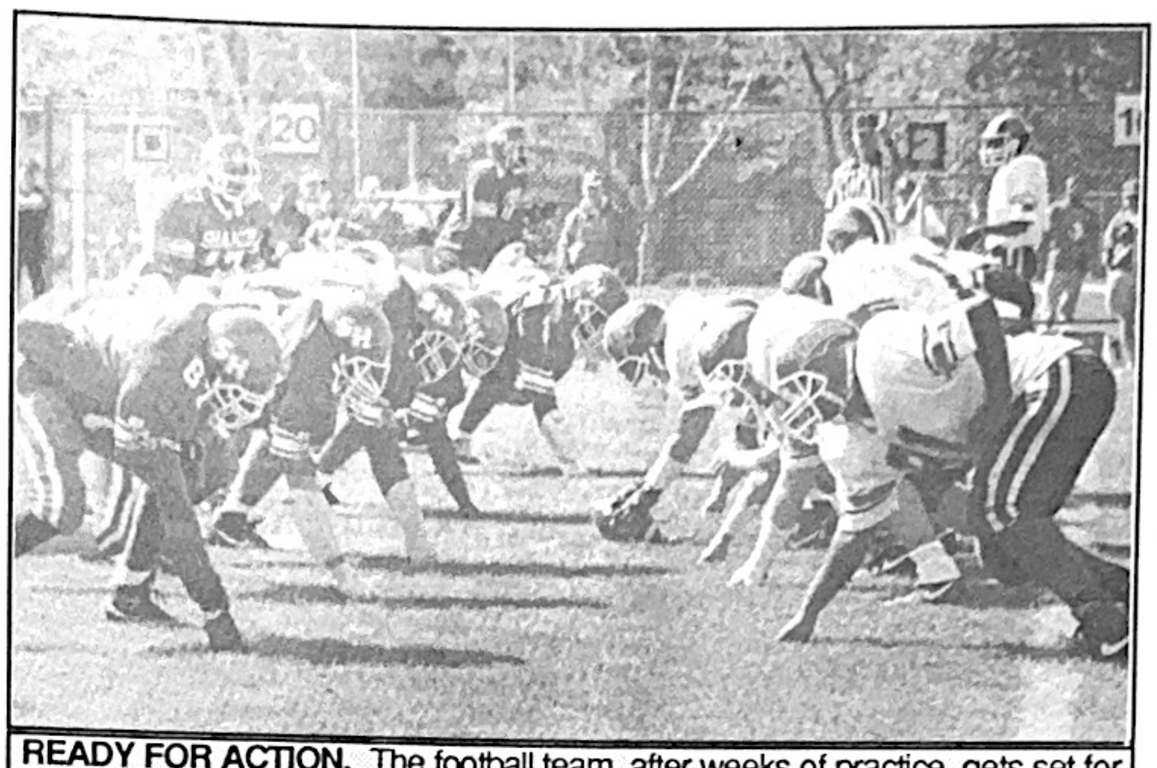
Head football coach David Sedmak said that missing summer practices holds players back, just as missing class does.

Starting practice in the summer also affects trainer Bob Collins' summer.

"I love putting in 12 hour days. It's part of the job, and besides, the season starts later here than in college," Collins said.

Summer practice means different things for different teams:

* About 35 football players ran and lifted weights regularly throughout the entire summer. The football program also held two 5-day clinics in July and had a week of victory club testing in August. The team held four hours worth of practices everyday from Aug. 10 to 21.
* Mens soccer training started on Aug. 16. They held two 2-hour practices each day.
* Field hockey began practicing on Aug. 16. They practiced from 9 a.m. to12:30 p.m. for two weeks.
* During the summer, the womens soccer team practiced with Beaumont two times a week for five weeks. They began practicing from 5 p.m. to 8 p.m. on Aug.16.
* Womens volleyball began on Aug. 13. They had two 2-hour practices everyday.
* Shaker's top golfers, seniors Bob Ruffing and Greg Means, participated in a Junior Golf Tour this summer. The whole team started practicing on Aug. 13. Each golfer was required to play four 18 hole rounds over six days of pre-season practice.
* Womens tennis began their season on Aug. 13. They practiced for three hours each day with a lunch break. Coach Al Slawson said that he had no problems with people missing practice over the summer.
* The mens basketball team was also hard at work over the summer. The team played in two summer leagues, the Nike League at Notre Dame College and the Cleveland Heights Summer League. The squad also attended the Century Cage team camp at Mt. Union College and the Cleveland State team camp.
* Most of the members of the high school swim team swam over the summer for the United States Swimming Shaker Sharks. They practiced from 5:45 a.m. to 7:45 a.m., and had an option of a second practice from 5 p.m. to 7 p.m.



READY FOR ACTION. The football team, after weeks of practice, gets set for a play in their first home game. *Shakerite photo by W. Michael Fleming*

"I feel that although [summer practice] was a hassle at times, it really helps you out in your sport and makes you a better person," said senior football player Talib Taliaferro.

Field hockey goalkeeper Marne Loveman agreed.

"I like pre-season, it gets us ready to play. It is also good for the freshman. It gives them a chance to meet the upper classmen," she said.

Summer competition pays off for high school's stand-outs

BY JONAS GREEN
Staff Reporter

Shaker's top athletes didn't take the summer off. Instead, many of them participated in various summer sports programs, clinics and competitions.

Jennifer Webb, Ashley McWilliams and Heather Hanson are three of the best athletes at Shaker. All three improved in their respective sports as they played with the nations' finest this summer.

While there are many other fine athletes that do off-season work, these three stood out.

• Jennifer Webb, sophomore – Webb competed in the Junior Nationals for field hockey at Boston University in the 15 and under category; attended field hockey camps at Northwestern University and Penn State University; participated in the University of Maryland Lacrosse Camp.

• Ashley McWilliams, senior – McWilliams said she had an "amazing experience" taking part in the Field Hockey National Futures Competition at Boston University and the Junior Olympics competition in field hockey at the University of Tennessee. At BU her team, the Great Lakes team, was voted most improved in the 18 and under category. McWilliams was thrilled to be selected to play in the Junior Olympics and win the bronze medal.

• Heather Hanson, junior - Track coach Henry Woodard volunteered to coach Hanson three times a week in preparation for competitions she participated in this summer. She made it to the district competition at Lakewood where she won first place in both the 100 meter and 200 meter races. Advancing to the regional competition in West Virginia, Hanson finished second in the 100 meter race, getting her to the national competition in Louisiana where she placed 20th in the nation for the 100 meters.

RAIDERS OF THE MONTH

JASON LOWE. Lowe, a senior co-captain is playing his fourth year on the varsity squad. He has already started another great season. *Shakerite photo by W. Michael Fleming*

JENNIFER TOBIN. Sophomore soccer star Tobin has led the womens team for the past two seasons. She received All-City honors last season. *Shakerite photo by Larry Latson*

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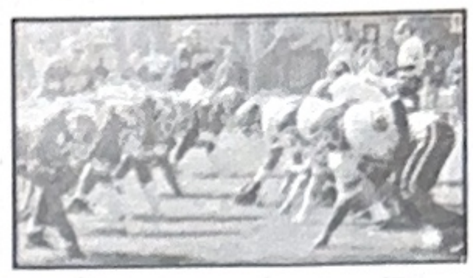
SPORTS

September 24, 1993

This month's sports section features:

-Red-Raider Wrap-Up
-Raiders of the Month
-an article on summer team practices
-recognition to the summer's finest athletes



SPORTS BRIEFS

Golf team tees it up

Starting their season with a 8-4 (6-2 in L.E.L.) record, the golf team, according to head coach Bob Wonson, is showing promise and is expected to perform well this year.

"We should be among the top in our league," Wonson said, who added that among the team's strengths are the return appearances of two talented senior golfers, Bob Ruffing and Greg Means.

"We lost two good kids this season to transfers," Wonson said, "but we have some strong players."

At the last two tournaments, the Cleveland Heights and Mentor Invitationals, the team placed fifth of 12 and 11th of 22, respectively.

–Will Glasson

Soccer team optimistic

The mens soccer team started off their season with a home victory over Normandy on Aug. 3.

"We have a good chance to do great things this season," senior varsity player Greg Guice said.

"The skill is tremendous."

Agreeing with Guice, senior goalie and co-captain Jason Lowe, who has been recognized with all-conference honors for the last two years, added that he expected the team to either win or take runner up in their conference.

In addition to their win over Normandy, the soccer team won their second game versus Lake Catholic on Sept. 2. Scoring for Shaker were seniors Steve Wilson and other co-captain senior Cliff Mendelsohn. Defensively, the team is led by Guice and Lowe.

–Will Glasson

Womens soccer struggles

The womens soccer team started the season with a tie, two losses and a rainout.

"We lost a couple players through graduation last year, but I think we'll come around," said sophomore Jenny Tobin.

Coach Baird Wiehe said that though the team is young, he has confidence in them.

"They would like to win the LEL. How we'll do is tough to say because we kind of have to go back to the drawing board," Wiehe said.

–Seema Shah

WHAT A STRETCH. Jermaine Goss reaches for a touchdown saving interception in Shaker's game versus Cleveland Central Catholic.

Shakerite photo by W. Michael Fleming

Red Raiders look to improve after shaky start

BY MICHAEL BECKER
Staff Reporter

Their coach thinks they have the potential to be legitimate contenders for the Lake Erie League, Erie division because of their "atitude is everything" motto.

Yet they are not the high school's renowned field hockey team. They are the football team. Yes, the football team. The team that has won only six games the past three years has a new found confidence.

"This team has the most positive outlook of all the years I have been here," senior offensive lineman and defensive end Michael Cassidy said.

"We certainly have a chance to compete. If we achieve, it will be because of a winning attitude," new head coach Davie Sedmak, who left as Beachwood varsity coach after last year, said.

Senior flanker Brent Urcheck agreed.

"The team's attitude is much better than last year. [This] will bring the team closer together and hopefully produce a winning season," Urcheck said.

"Another strength is a depth at a multitude of positions including linebacker, defensive back and wide receiver," Sedmak said.

Sedmak said depth at both the offensive and defensive lines is paying dividends because of injuries to seniors Jason Rivers (appendicitis) and Jon Watts (leg). Also, the depth at running back is needed due to the knee injury suffered by senior Frank Opocu, who scored two of the three touchdowns against Chanel.

A third strength, said Sedmak, was an excellant coaching staff.

"There is a good chemistry between players and coaches," he said.

Sedmak admits there are weaknesses, including a lack of players at quarterback behind junior starter Sean Malone due to the injured back-up senior Brian Frew.

Inexperience is also a problem, Sedmak said.

"A great majority [of the players] did not see a lot of varsity playing time last year," he said.

Since coming from Beachwood, he has noted several improvements.

"The kids are a lot nicer and better to work with. The attitude is much better. There are more kids to work with and a superior staff to get more done," he said.

Field hockey squad looks to return to states

BY ANGELICA ELLIOT
Staff Reporter

Looking to defend their reputations as perennial state powers, the field hockey team got off to a good start and expects to have another successful season.

Although it is the beginning of the season, head coach Linda Betley said that the newcomers and veterans seem to work well together on the field. She admits that there are some kinks to work out, but that the season is looking good.

The team currently has a 3-0 record. They have defeated Stow, Lakeridge and Hathaway Brown.

This record explains why the field hockey team has gone to states two years in a row. They were state champions in 1991 and runner-ups in the state championship game last year. Coach Betley and team members see themselves going that far again this year.

"I think our team has a lot of potential, and with a lot of hard work we can go very far," said sophomore Clo Ewing.

Does being state champions put a lot of expectations on the team?

"Our reputation has been one of being a very competitive team," said Betley.

Despite the Raiders' consistent winning, they still feel challenged when they face each competitor on the field, said Betley.

GO FOR IT! Senior Chantal Deuel sprints after a ball during a field hockey game.

Shakerite photo by Courtney Masini

Football

RECORD: 1-2
LEL RECORD: 0-1

JV RECORD: 1-2
9TH GRADE RECORD: 0-2

Golf

RECORD: 8-4
LEL RECORD: 6-2

-Bobby Ruffing was selected as a *Plain Dealer* Player of the Week

Field Hockey

OVERALL RECORD: 6-0
-next game on Tuesday at Western Reserve

JV RECORD: 1-2

Womens Tennis

RECORD: 5-6
LEL RECORD: 3-0

-next match is on Monday at home versus Valley Forge

Mens soccer

OVERALL RECORD: 3-2-1
-next game on Tuesday at Beachwood

JV RECORD: 3-2-1

Womens Soccer

OVERALL RECORD: 0-4-2
-next game is on Tuesday at Valley Forge

JV RECORD: 0-7

Mens Cross Country

OVERALL RECORD: 2-2

-next meet on Wednesday is a five team LEL meet

Womens Cross Country

OVERALL RECORD: 1-0 in dual meets

-finished third out of 10 LEL teams in recent meet